



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03217, Zwieback

Report Date: May 20, 2017 05:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:4 Nitrogen to Protein Conversion Factor:5.85

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 piece 7g	1 rusk 10g	1 toast, Gerber Zwieback 7g
Proximates								
Water	g	4.50	4	--	1.28	0.32	0.45	0.32
Energy	kcal	426	--	--	121	30	43	30
Energy	kJ	1783	--	--	505	125	178	125
Protein	g	10.10	4	--	2.86	0.71	1.01	0.71
Total lipid (fat)	g	9.70	--	--	2.75	0.68	0.97	0.68
Ash	g	1.50	3	0.000	0.43	0.10	0.15	0.10
Carbohydrate, by difference	g	74.20	--	--	21.04	5.19	7.42	5.19
Fiber, total dietary	g	2.5	--	--	0.7	0.2	0.2	0.2
Sugars, total	g	12.50	--	--	3.54	0.88	1.25	0.88
Minerals								
Calcium, Ca	mg	20	4	--	6	1	2	1
Iron, Fe	mg	0.60	4	--	0.17	0.04	0.06	0.04
Magnesium, Mg	mg	14	1	--	4	1	1	1
Phosphorus, P	mg	55	1	--	16	4	6	4
Potassium, K	mg	305	1	--	86	21	30	21
Sodium, Na	mg	227	--	--	64	16	23	16
Zinc, Zn	mg	0.54	1	--	0.15	0.04	0.05	0.04
Copper, Cu	mg	0.145	--	--	0.041	0.010	0.014	0.010
Selenium, Se	µg	28.7	--	--	8.1	2.0	2.9	2.0
Fluoride, F	µg	0.1	--	--	0.0	0.0	0.0	0.0
Vitamins								
Vitamin C, total ascorbic acid	mg	5.3	3	--	1.5	0.4	0.5	0.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 piece 7g	1 rusk 10g	1 toast, Gerber Zwieback 7g
Thiamin	mg	0.208	4	--	0.059	0.015	0.021	0.015
Riboflavin	mg	0.239	4	--	0.068	0.017	0.024	0.017
Niacin	mg	1.319	4	--	0.374	0.092	0.132	0.092
Pantothenic acid	mg	0.537	--	--	0.152	0.038	0.054	0.038
Vitamin B-6	mg	0.082	3	--	0.023	0.006	0.008	0.006
Folate, total	µg	87	--	--	25	6	9	6
Folic acid	µg	67	--	--	19	5	7	5
Folate, food	µg	20	--	--	6	1	2	1
Folate, DFE	µg	134	--	--	38	9	13	9
Choline, total	mg	10.7	--	--	3.0	0.7	1.1	0.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	16	--	--	5	1	2	1
Retinol	µg	15	--	--	4	1	2	1
Carotene, beta	µg	4	--	--	1	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	1	--	--	0	0	0	0
Vitamin A, IU	IU	58	--	--	16	4	6	4
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	16	--	--	5	1	2	1
Vitamin E (alpha-tocopherol)	mg	2.44	--	--	0.69	0.17	0.24	0.17
Vitamin E, added	mg	2.32	--	--	0.66	0.16	0.23	0.16
Tocopherol, beta	mg	0.05	--	--	0.01	0.00	0.01	0.00
Tocopherol, gamma	mg	0.31	--	--	0.09	0.02	0.03	0.02
Tocopherol, delta	mg	0.01	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	0.9	--	--	0.3	0.1	0.1	0.1
Lipids								
Fatty acids, total saturated	g	2.525	--	--	0.716	0.177	0.253	0.177
4:0	g	0.100	--	--	0.028	0.007	0.010	0.007
6:0	g	0.059	--	--	0.017	0.004	0.006	0.004
8:0	g	0.035	--	--	0.010	0.002	0.004	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 piece 7g	1 rusk 10g	1 toast, Gerber Zwieback 7g
10:0	g	0.077	--	--	0.022	0.005	0.008	0.005
12:0	g	0.088	--	--	0.025	0.006	0.009	0.006
13:0	g	0.000	--	--	0.000	0.000	0.000	0.000
14:0	g	0.314	--	--	0.089	0.022	0.031	0.022
15:0	g	0.000	--	--	0.000	0.000	0.000	0.000
16:0	g	1.194	--	--	0.338	0.084	0.119	0.084
17:0	g	0.005	--	--	0.001	0.000	0.000	0.000
18:0	g	0.590	--	--	0.167	0.041	0.059	0.041
20:0	g	0.017	--	--	0.005	0.001	0.002	0.001
22:0	g	0.047	--	--	0.013	0.003	0.005	0.003
24:0	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	4.244	--	--	1.203	0.297	0.424	0.297
14:1	g	0.000	--	--	0.000	0.000	0.000	0.000
15:1	g	0.000	--	--	0.000	0.000	0.000	0.000
16:1 undifferentiated	g	0.129	--	--	0.037	0.009	0.013	0.009
17:1	g	0.000	--	--	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	4.104	--	--	1.163	0.287	0.410	0.287
20:1	g	0.012	--	--	0.003	0.001	0.001	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	2.073	--	--	0.588	0.145	0.207	0.145
18:2 undifferentiated	g	2.007	--	--	0.569	0.140	0.201	0.140
18:3 undifferentiated	g	0.065	--	--	0.018	0.005	0.007	0.005
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000	0.000	0.000	0.000
20:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.001	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.012	--	--	0.003	0.001	0.001	0.001
Cholesterol	mg	8	--	--	2	1	1	1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 piece 7g	1 rusk 10g	1 toast, Gerber Zwieback 7g
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0